

## Main Nursery Menu

Autumn & Winter Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>  08.15 - 08.45	A choice of Cereals with Banana Slices  <b>Whole Wheat, Barley, Milk</b>	Porridge with Raisins  <b>Oats, Milk</b>	Wholemeal Toast with Olive Spread and Sliced Apple  <b>Wheat, Milk</b>	A choice of Cereals and Sliced Pears  <b>Wheat, Barley, Milk</b>	Wholemeal Toast with Olive Spread and Grapes  <b>Wheat, Soya, Milk</b>
	With <b>Milk</b>	With <b>Milk</b>	With <b>Milk</b>	With <b>Milk</b>	With <b>Milk</b>
<b>Morning Snack</b>  10.00 -10.30	Toast Fingers with Cream Cheese with Cucumber  <b>Wheat, Milk</b>	Crackerbread with Olive Spread and Grapes  <b>Wheat, Milk</b>	Rice cakes with Cream Cheese & Satsumas  <b>Milk</b>	Breadsticks with Homemade Humous and Banana Slices  <b>Wheat, Barley, Milk</b>	Carrot & Coconut Muffins with Melon Sticks  <b>Wheat, Milk, Egg</b>
	With <b>Milk</b> or Water	With <b>Milk</b> or Water	With <b>Milk</b> or Water	With <b>Milk</b> or Water	With <b>Milk</b> or Water
<b>Lunch</b>  11.15 - 12.15	Cod/Salmon Pie in a Cheesy Vegetable Layer (Peas Sweetcorn, Carrots & Green beans with a Mashed Potato topping. / Pearl Barley Pie. <b>Wheat, Fish, Milk</b>  Apple & Cinnamon Muffin with Vanilla Sauce and Apple slice <b>Milk, Egg, Wheat</b>	Pork Meatballs or Vegetarian Meatballs with seasonal vegetables and herbed Cous Cous. <b>Wheat &amp; Barley</b>  Fromage Frais with Blackberry <b>Milk</b>	Vegetable and Lentil Soup with Bread Roll. Vegetables include Carrots, Butternut Squash, Parsnips, Swede, Peppers, Courgettes, Leeks & Onions. <b>Wheat, Soya</b>  Rice Pudding & Raisins <b>Milk, Soya</b>	Sausage or Vegetarian Sausage with Sweet Potato Mash, Peas, Carrots, Sweetcorn and Green Beans. <b>Wheat, Sulphur Dioxide, Gluten, Dextrose, Milk</b>  Strawberry Fluff /Strawberry Jelly <b>Milk</b>	Beef Spaghetti Bolognaise / Tomato and Vegetable pasta bake. (Onions, Mushrooms, Courgette, Peppers) served with Garlic Bread <b>Wheat</b>  Fromage Frais served with Plum <b>Milk</b>
	Water	Water	Water	Water	Water
<b>Afternoon Snack</b>  15.15 - 15.45	Crustless Courgette Quiche with Banana Slices  <b>Wheat, Egg, Milk</b>	Cheese Sandwiches with Pear Slices  <b>Wheat</b>	Crumpet with Olive Spread and Cucumber Sticks  <b>Wheat</b>	Toasted Bagel with Soft Cheese and Fruit Salad.  <b>Wheat, Milk</b>	Potato Cakes with Olive Spread & Pineapple Sticks  <b>Wheat,</b>
	With <b>Milk</b> or Water	With <b>Milk</b> or Water	With <b>Milk</b> or Water	With <b>Milk</b> or Water	With <b>Milk</b> or Water

**Note: Fresh drinking water is available throughout the day. Milk and Water is offered in open top cups at mealtimes.**

## Main Nursery Menu

Autumn & Winter Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>  08.15 - 08.45	Wholemeal Toast with Olive Spread and Melon Sticks  <i>Wheat, Soya, Milk</i>	Porridge with Cranberries  <i>Oats, Milk</i>	A choice of Cereals & Apple Slices  <i>Whole Wheat, Barley, Milk</i>	Wholemeal Toast with Olive Spread and Orange Segments  <i>Wheat, Soya, Milk</i>	Porridge with Raisins  <i>Oats, Milk</i>
	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>
<b>Morning Snack</b>  10.00 - 10.30	Crackerbread with Cream Cheese and Bananas  <i>Wheat, Milk</i>	Breadsticks with a homemade Garlic & Onion yoghurt dip and Pineapple Sticks  <i>Wheat, Milk</i>	Crackers with Olive Spread and Banana slices  <i>Wheat, Milk,</i>	Rice cakes with a Garlic & Herb Cottage Cheese dip with pepper sticks.  <i>Wheat, Oat, Milk</i>	Bagels with Pear & Apple slices.  <i>Wheat, Milk</i>
	With Milk or Water	With Milk or Water	With Milk or Water	With Milk or Water	With Milk or Water
<b>Lunch</b>  11.15 - 12.15	Roast Chicken / Plant based Chicken with Mashed Potato, Carrots, Broccoli, Peas, Cauliflower and Gravy.  Pear and Mixed Spice Cake with Custard <i>Milk</i>	Leek & Potato and Lentil Soup served with a bread roll.  <i>Wheat</i>  Milk Jelly with Blackberries <i>Milk</i>	Ham and Pea Pasta in a cheese sauce with Garlic Bread <i>Wheat, Milk</i>  Fromage Frais with Apple Puree  <i>Milk</i>	Sausage/ Quorn and Pearl Barley Winter Casserole served with carrots, onions, butternut squash and Cabbage & Cous Cous. <i>Wheat, Sulphites</i> Bread & Butter pudding with custard served with sliced apples <i>Wheat, Milk</i>	Salmon and White Fish Korma Curry/ Vegetable Curry Served with Basmati Rice and Naan Bread <i>Fish, Wheat</i>  Banoffee Truffle with A Vanilla Sauce served with Banana slices <i>Wheat, Milk</i>
	Water	Water	Water	Water	Water
<b>Afternoon Snack</b>  15.15 - 15.45	Cheese Wraps with Carrot Sticks  <i>Milk, Wheat, Soya</i>	Crumpets with Olive Spread and Grapes  <i>Wheat, Milk</i>	Egg and cream cheese Sandwiches with Melon Sticks  <i>Wheat, Milk</i>	Potato Cakes with Olive Spread and Cucumber Sticks.  <i>Wheat, Milk</i>	Homemade Mini Sweetcorn Pizzas with Fruit Salad  <i>Wheat, Soya, Milk</i>
	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water

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## Main Nursery Menu

Autumn & Winter Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>  08.15 - 08.45	Blackberry Porridge  <i>Oats, Milk</i>	Wholemeal Toast with Olive Spread and Apple Slices  <i>Wheat, Barley, Milk</i>	A choice of Cereals & Satsumas  <i>Wheat, Barley, Milk</i>	Porridge with Raisins  <i>Oats, Milk</i>	A choice of Cereals & Pear  <i>Wheat, Barley, Milk</i>
	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>
<b>Morning Snack</b>  10.00 - 10.30	Pancakes with Apple & Melon sticks  <i>Wheat, Egg, Milk</i>	Oat Fingers with Raspberry, Banana & Blueberry.  <i>Wheat, Oats, Milk</i>	Breadsticks with a Cream Cheese and Avocado Dip with Banana slices  <i>Wheat, Milk</i>	Crackers with Olive spread & Orange Segments  <i>Wheat, Soya, Milk</i>	Wholemeal Toast with Olive Spread served with Melon Sticks.  <i>Wheat, Milk</i>
	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water
<b>Lunch</b>  11.15 - 12.15 pm	Salmon and Spinach Spaghetti with hidden vegetables (onions, mushrooms, peppers) <i>Fish, Wheat, Milk.</i>  Fromage Frais with sliced Pear <i>Milk</i>	Fish Fingers served with Mashed Potato, Peas and Sweetcorn and Gravy. <i>Fish, Wheat, Soya, Milk, Barley</i>  Mandarin Jelly with Satsumas	Creamy Chicken or Mixed Bean and Lentil Pasta bake with Garlic Bread. (onions, mushrooms, peppers, leeks, courgette) <i>Celery, Wheat, Soya, Milk</i>  Fromage Frais Winter Spiced Fruit Puree & Plum <i>Milk</i>	Sweet Potato, Mixed Beans, Butternut Squash & Carrot Soup with a Bread Roll. <i>Wheat</i>  Rice Pudding & Raisins <i>Milk</i>	Chilli Con Carne with Kidney Beans & Basmati Rice <i>Wheat</i>  Blueberry Melting Moments with Vanilla Sauce served with Blueberries  <i>Wheat, Egg, Milk</i>
	Water	Water	Water	Water	Water
<b>Afternoon Snack</b>  15.15 - 15.45	Pitta Bread Fingers with Humous and Banana slices  <i>Wheat, Milk</i>	Toasted Bagels with cream cheese and Pepper Sticks  <i>Wheat, Soya, Milk</i>	Cheese Sandwiches and Cucumber Sticks  <i>Wheat, Milk</i>	English Muffins with Olive Spread and Pineapple sticks  <i>Wheat, Milk, Soya</i>	Baked Chickpea Fritters and Cherry Tomatoes  <i>Wheat, Egg, Milk</i>
	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water

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## Main Nursery Menu

Autumn & Winter Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>  8.15 am – 8.45 am	Porridge and Raisins  <i>Oats &amp; Milk</i>	A choice of Cereals & Grapes  <i>Wheat, Oats, Milk</i>	Wholemeal Toast with Olive Spread and Pears  <i>Wheat, Soya</i>	A choice of Cereals & Banana slices  <i>Wheat, Oats, Milk</i>	Wholemeal Toast with Olive Spread and Pineapple sticks  <i>Wheat, Soya</i>
	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>
<b>Morning Snack</b>  10.00 am – 10.30 am	Breadsticks with soft cheese and Melon sticks  <i>Wheat, Milk</i>	Homemade Vanilla Pancakes served with Blueberries and Orange Segments  <i>Wheat, Eggs, Milk</i>	Crackers with Olive Spread and Melon sticks  <i>Wheat, Milk</i>	English Muffins with Olive Spread and Grapes  <i>Wheat, Soya, Milk</i>	Crumpets with Olive Spread served with Cucumber Sticks  <i>Wheat, Milk</i>
	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water
<b>Lunch</b>  11.15 am – 12.15 pm	Fish Cakes with Peas, Sweetcorn and Gravy <i>Fish, Wheat, Soya, Celery, Barley</i>  Fromage Frais with stewed Plum <i>Milk</i>	Chicken and Winter Vegetable Casserole with Onions, Carrots and Cabbage served with herbed Cous Cous.  Lemon & Blackberry Cake & Custard served with Blackberries <i>Milk</i>	Shepherd's Pie or Bean and Mixed Vegetable Pie with Mash Potato <i>Celery, Milk</i>  Cranberry Shortbread and Ice Cream served with Apple <i>Wheat, Egg, Milk, Oats</i>	Roasted Tomato, Basil and Cannellini Bean Soup served with Bread. <i>Wheat</i>  Winter Fruit, Jelly & Custard <i>Milk</i>	Sausage or Vegetarian Sausage Bolognese with Seasonal Vegetables, Pasta and Garlic Bread <i>Wheat, Soya, Milk</i>  Homemade Raspberry Muffins with sliced pear. <i>Wheat, Soya Egg Milk</i>
	Water	Water	Water	Water	Water
<b>Afternoon Snack</b>  3.15 pm – 3.45 pm	Warm Pitta Pockets with Cheese and Tomato with Apple Slices <i>Wheat, Milk</i>	Tomato and Ricotta Wheels with Pepper sticks <i>Wheat, Soya, Milk</i>	Cheese Sandwiches and Pineapple Sticks <i>Wheat, Soya, Milk</i>	Salmon and Cream Cheese Wraps with Banana Slices <i>Wheat, Egg, Fish, Milk</i>	Toasted Bagels with Olive Cream Cheese Cucumber and Carrot Sticks <i>Wheat, Milk</i>
	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water

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## Main Nursery Menu

Spring & Summer Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>  8.15am - 8.45am	A choice of Cereals & Banana Slices  <i>Wheat, Oats, Milk</i>	Ready Brek Porridge with Apple Slices  <i>Oats, Milk</i>	A choice of Cereals & Melon Sticks  <i>Wheat, Milk</i>	Wholemeal Toast with Olive Spread and Apple Slices  <i>Wheat, Soya, Milk</i>	Summer Fruit Porridge  <i>Wheat, Barley, Milk</i>
	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>
<b>Morning Snack</b>  10.00 am - 10.30 am	Breadsticks with Humous and Pepper slices  <i>Wheat, Barley, Milk</i>	Crumpets with Olive Spread and Strawberries  <i>Wheat</i>	Wholemeal Toast with Olive Spread and Apple Slices and Blueberries  <i>Wheat, Soya</i>	Oat slice with Peach & Banana Slices  <i>Oats, Milk</i>	Toasted English Muffins with grated cheese and Mango Fingers  <i>Wheat, Soya, Milk</i>
	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water
<b>Lunch</b>  11.15 am - 12.15 pm	Lamb Meatballs in a Tomato Sauce with Peppers, Onions, Mushrooms, Courgettes and Carrots and Rice.  <i>Wheat, Milk</i>  Fromage Frais With Raspberries <i>Milk</i>	Creamy Salmon Pasta with onions, mushrooms and peas served with Garlic Bread. <i>Wheat, Milk</i>  Mandarin Oranges and Jelly and Ice Cream <i>Milk</i>	Chicken, Potato and Vegetable Pie. Including Carrots, Onions, Courgettes, Peppers, Peas and Sweetcorn. <i>Celery, Milk, Egg, Soya</i>  Rice Pudding with Strawberries <i>Milk</i>	Chickpea and Aubergine Tagine with Cous Cous <i>Wheat, Celery</i>  Mango and Apple Cobbler with Custard <i>Wheat, egg Milk</i>	Sausage, Roasted Root Vegetables and Seasonal Greens served with Broccoli and Garlic Mash Potato. <i>Milk</i>  Natural Yoghurt served with berries <i>Milk</i>
	Water	Water	Water	Water	Water
<b>Afternoon Snack</b>  3.15 pm - 3.45 pm	Cheese on Toast with Honey Dew Melon <i>Wheat, Soya, Milk</i>	Pitta Bread Fingers with a yoghurt Garlic Dip and Grapes <i>Wheat, Egg</i>	Courgette Muffins or Cheese and Courgette Muffins and Satsumas <i>Wheat, Egg, Milk</i>	Chicken/ Cheese Sandwiches with Mangetout <i>Wheat, Soya (Milk)</i>	Potato Cakes and Apricot Slices  <i>Wheat, Milk</i>
	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water

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## Main Nursery Menu

Spring & Summer Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 8.15 am - 8.45 am	A choice of Cereals with Melon Sticks  <i>Wheat, Barley, Milk</i>	Porridge with Apricots  <i>Oats, Milk</i>	Wholemeal Toast with Olive Spread and Banana Slices  <i>Wheat, Soya, Milk</i>	A choice of Cereals served with Watermelon  <i>Wheat, Barley</i>	Ready Brek served with Apple slices  <i>Wheat, Oat, Milk</i>
	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>
<b>Morning Snack</b> 10.00 am - 10.30 am	Crackerbread with Olive Spread and Watermelon Slices  <i>Wheat</i>	Homemade Vanilla Pancakes served with Raspberries. <i>Wheat, Egg, Milk</i>	Fromage Frais with Pineapple  <i>Milk</i>	Bread Sticks with a Cheese Dip and Cucumber sticks  <i>Wheat, Barley, Milk</i>	Wholemeal Toast with Olive Spread and Pineapple Sticks  <i>Wheat, Soya</i>
	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water
<b>Lunch</b> 11.15 am - 12.15 pm	Tomato and Spinach Orzo with Red Peppers and White Beans. <i>Wheat</i>  Cherry Fruit Scone and Grapes <i>Wheat, Milk</i>	Cottage Pie including butter beans, carrots, peas, onions and courgettes with a sweet potato mash. <i>Wheat</i>  Peach Fool Ripple <i>Milk</i>	Moroccan Pork Mince with butternut squash, courgettes, onions, peppers and carrots served with Spiced Cous Cous <i>Wheat</i>  Strawberries with Ice Cream <i>Wheat, Egg, Milk</i>	Salmon and Broccoli Spaghetti with seasonal vegetables  <i>Fish, Wheat</i>  Homemade Banana Bread with Strawberries <i>Wheat</i>	Chicken Ruby with carrots, Butternut Squash Leeks, peppers and onions served with rice and Nann Bread.  <i>Wheat</i> Natural Yoghurt served with Raspberries <i>Wheat, Milk</i>
	Water	Water	Water	Water	Water
<b>Afternoon Snack</b> 3.15 pm - 3.45 pm	Bagels with Cream Cheese and Carrot sticks <i>Wheat, Milk</i>	Beans on Toast  <i>Wheat,</i>	Crackers with Grated Cheese and Melon Sticks  <i>Wheat, Milk</i>	Pizza topped Muffins with sweetcorn  <i>Wheat, Milk,</i>	Scrambled Egg On Toast served with Pepper sticks  <i>Egg, Milk, Wheat</i>
	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water

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## Main Nursery Menu

Spring & Summer Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>  8.15 am – 8.45 am	A choice of Cereals with Apple Slices  <i>Wheat, Barley, Milk</i>	Wholemeal Toast with Olive Spread and Melon Sticks  <i>Wheat, Soya, Milk</i>	A choice of Cereals with Banana Slices  <i>Wheat, Barley, Milk</i>	Wholemeal Toast with Olive Spread and Satsumas  <i>Wheat, Soya, Milk</i>	A choice of Cereals with Berries  <i>Wheat, Barley, Milk</i>
	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>	With <i>Milk</i>
<b>Morning Snack</b>  10.00 am – 10.30 am	Baked Oat Yoghurt Bar with Summer Fruits.  <i>Oats, Milk</i>	Crackerbread with Olive Spread and Orange Segments  <i>Wheat</i>	Homemade Vanilla Pancakes served with Blueberries.  <i>Wheat, Egg, Milk</i>	Crackers with Olive Spread and Pineapple  <i>Wheat</i>	Breadsticks with Humous and Watermelon Fingers  <i>Wheat, Barley, Milk</i>
	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water
<b>Lunch</b>  11.15 am – 12.15 pm	Sausage Ragu and Seasonal Rainbow Vegetable Rice <i>Soya, Sulphur Dioxide, Dextrose, Gluten</i>  Fromage Frais and Peaches <i>Milk</i>	Roasted Mediterranean Vegetables (Chargrilled Peppers, Aubergine, Onions and Cherry Tomatoes) and Salmon Pasta served with Garlic Bread. <i>Celery, Wheat, Mustard, Milk</i>  Banana and Cinnamon Muffins with Custard and Banana slices. <i>Wheat, Egg, Milk</i>	Creamy Tuscan Chicken, Cauliflower and Four Bean bake, served with Leek Mash Potato <i>Milk, Wheat, Celery</i>  Fromage Frais and Strawberries <i>Milk</i>	Sweet Potato, Spinach and Chickpea Curry served with Cous Cous and Nann Bread. <i>Wheat, Barley, Milk</i>  Summer Crumble with a Vanilla Sauce <i>Wheat, Milk</i>	Pork Roast Dinner served with Carrots, Green Beans, Peas, Mashed Potatoes and Gravy. <i>Wheat,</i>  Raspberry Fruit Jelly served with Raspberries
	Water	Water	Water	Water	Water
<b>Afternoon Snack</b>  3.15 pm – 3.45 pm	Beans on Toast with Olive Spread  <i>Wheat, Soya</i>	Bagels with Cream Cheese and Strawberries  <i>Wheat, Milk</i>	Potato Cakes with Olive Spread and Mango Slices  <i>Wheat, Milk</i>	Cream Cheese Wraps with Cucumber and Cherry Tomatoes  <i>Wheat</i>	Mini Cheese Pizzas and Melon Sticks and Blueberries  <i>Wheat, Soya, Milk</i>
	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water

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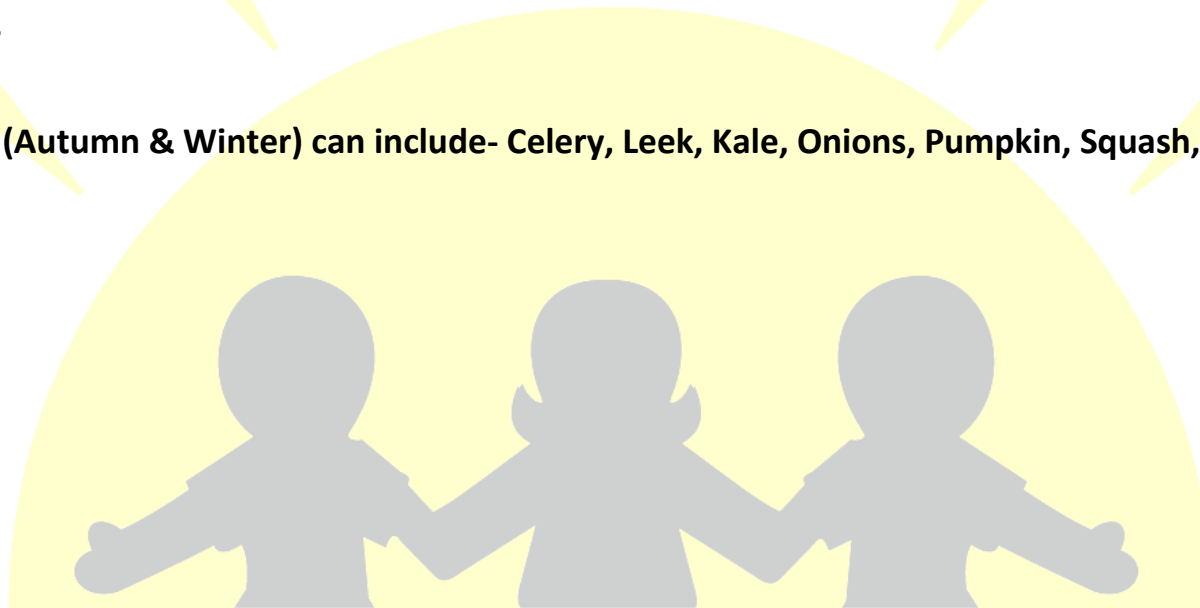
Spring & Summer Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>  8.15 am – 8.45am	Wholemeal Toast with Olive Spread, and Melon Sticks  <i>Wheat, Milk</i>	A choice of Cereals with Strawberries  <i>Wheat, Barley, Milk</i>	A choice of Cereals with Grapes  <i>Barley, Wheat, Milk</i>	Wholemeal Toast with Olive Spread and Apple Slices  <i>Wheat, Milk</i>	A choice of Cereals served with Raisins  <i>Wheat, Barley, Milk</i>
	With Milk	With Milk	With Milk	With Milk	With Milk
<b>Morning Snack</b>  10.00 am – 10.30 am	Crackers, grated cheese and Mandarins  <i>Wheat, Milk</i>	Toasted Muffins with Olive Spread and Banana Slices  <i>Wheat, Soya, Milk</i>	Bread Sticks with Mint Rata Dip with Pineapple Sticks  <i>Wheat, Barley, Milk</i>	Crackerbread with Cream Cheese and Grapes and Blueberries  <i>Wheat, Milk</i>	Pancakes served with Strawberry Slices  <i>Wheat, Egg, Milk</i>
	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water
<b>Lunch</b>  11.15 am – 12.15 pm	Salmon and White Fish Parsley Pasta Bake served with peas and sweetcorn.  <i>Fish, Wheat, Milk</i>  Summer Fruit Salad and Ice Cream <i>Milk</i>	Portuguese Chicken served with seasonal vegetables, Lemon and Herb Cous Cous. <i>Wheat</i>  Fromage Frais with Peaches <i>Milk</i>	Green lentil Cottage Pie with carrots, peas, onions and leeks with Sweet Potato Mash.  <i>Wheat</i>  Milk Jelly with Raspberries <i>Milk</i>	Mexican Beef Meatball Pasta served with Peppers, Onions, Sweetcorn and Kidney Beans. <i>Wheat,</i>  Mini Carrot Cakes and Vanilla Sauce served with Apple slices. <i>Wheat, Egg, Milk</i>	Lamb Biryani including onions, courgette, carrots and peppers served with Nann Bread.  <i>Wheat, Gluten,</i>  Fromage Frais with Lychees <i>Milk</i>
	Water	Water	Water	Water	Water
<b>Afternoon Snack</b>  3.15 pm – 3.45 pm	Oat Cakes with Cream Cheese and Nectarines  <i>Oats, Milk</i>	Ham Sandwiches with Watercress and Pepper Sticks  <i>Wheat, Soya</i>	Scrambled Egg on Toast with Olive Spread served with Carrot sticks.  <i>Wheat, Soya</i>	Bagels with Olive Spread and Pineapple Sticks  <i>Wheat, Soya</i>	Crumpets with Olive Spread and Cucumber Sticks and Baby Tomatoes  <i>Wheat</i>
	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water	With <i>Milk</i> or Water

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- **Seasonal Fruits (Spring & Summer) can include- Pineapple, Watermelon, Strawberry, Raspberry, Blueberry, Apricot, Peach, Mango, Nectarine, Lychee, Cherries, Apple, Grapes, Bananas.**
- **Seasonal Fruits (Autumn & Winter) can include- Satsumas, Clementines, Pear, Plum, Cranberry & Blackberry, Apple, Grapes, Bananas, Honeydew Melon.**
- **Seasonal Vegetables (Spring & Summer) can include- Carrots, Spring Greens, Cucumber, Peppers, Peas, Mushrooms, Broccoli, Courgettes and Peas.**
- **Seasonal Vegetables (Autumn & Winter) can include- Celery, Leek, Kale, Onions, Pumpkin, Squash, Cabbage, Turnips, Broccoli, Cabbage**



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